

ACTIONS WE CAN TAKE DIFFERENCES WE CAN MAKE

There are actions we can take as individuals that minimize the impact of our vehicles on the quality of our air and water.

Get Active Whenever possible, walk, jog, cycle or in-line skate instead of using your car. You pollute less and stay in shape.

Easy Rider Riding the bus, streetcar, subway, or Go-train lets you save money and avoid the hassle of rush-hour traffic. "Kiss'n ride" facilities allow commuters to park or be dropped-off at suburban transit stops, and then ride to work or school.

Get Organized Did you know that simply starting and warming-up your engine can account for more than 75% of the pollutants emitted during a typical trip. So why not combine your errands, pick-ups and visits?

Car-Pool Car-pooling reduces air pollution, cuts down on traffic congestion, and saves money. Call the Ontario government's Share-A-Ride program (1-800-567-4273) to get information on potential car-pooling partners.

Don't Idle Idling just 20 seconds consumes more fuel than re-starting your engine. While you're waiting, turn off your engine.

Slow Down A heavy foot while stopping and starting wastes fuel and increases carbon monoxide emissions. Did you know that your fuel efficiency drops 1% for every kilometre over 100 km/hr? That means if you're driving at 120 km/hr your fuel efficiency is reduced by 20%.

Stay in Tune A poorly tuned engine guzzles up to 10% more fuel and pumps out more air pollution. Don't forget to have regular tune-ups.

Pump-it-Up Under-inflated tires increase fuel consumption by about 8% and shorten tire life. So, don't forget to check your tires.

Lighten the Load Every 50 kilograms of weight increases fuel consumption by about 1%. So, do you need to carry that bag of salt around all summer?

Consider your Fuel When buying a new car, consider fuel efficiency. You might also want to look into alternative fuels such as propane, methanol, ethanol and oxygenated gasolines. Depending on your driving habits, one of these alternatives might suit your needs. Check with your mechanic.

Did you know?

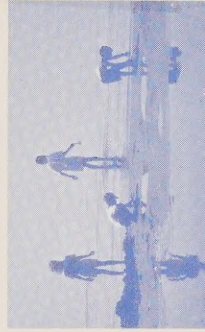
Up to 42% of a typical urban core is devoted to motor vehicles; this includes roads, bridges, garages and parking lots. It is estimated that 20% of cars contribute nearly 80% of the pollution attributable to car emissions.

1 car emits 4 tonnes of pollutants every year.

The volume of traffic in the GTA has increased by 250% over the past 25 years.

1 busload of passengers keeps 40 cars off the roads, saves 70,000 litres of fuel and avoids 9 tonnes of air pollutants per year.

In 1995, 70% of Canadians were in favour of mandatory vehicle inspection and maintenance programs.

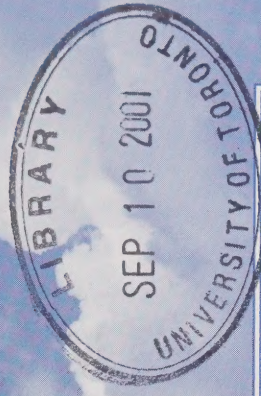


If you want to know more about the effects of air pollution on the environment and human health, the Waterfront Regeneration Trust has produced a poster entitled "**Our Air, Our Water, Ourselves**", with support from Environment Canada and the Ontario Ministry of Environment and Energy.

For more information contact:

The Waterfront Regeneration Trust
207 Queen's Quay West, Suite 580
Toronto, Ontario M5J 1A7
Phone 416-314-9490 Fax 416-314-9497
email info@wtrtrust.com

Our air



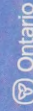
Ourselves

Our water

As residents of the Great Lakes Basin, transportation is the biggest challenge we face in improving local air quality. There are actions we can take and differences we can make.



Environment
Canada



Ontario



Waterfront
Regeneration
Trust

Ministry of Environment and Energy

Getting Around

AS RESIDENTS of the Great Lakes Basin, we live in a region that has the largest urban population, along with the highest smog levels, in Canada. Transportation is one of the biggest contributors to poor air quality in the region.

We commonly refer to this pollution as smog, visible over more and more communities, particularly on warm sunny days.

In addition to the effects of smog on our health, polluted air also deposits toxic chemicals onto the ground and into the water. These chemicals cycle through the ecosystem and some can concentrate as they work their way up the food chain affecting fish, birds, mammals and eventually humans.

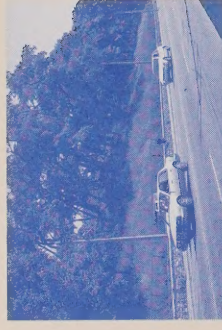
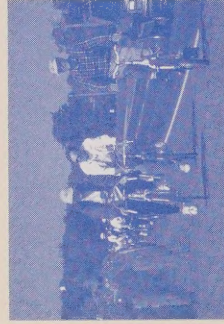
We face increasing challenges to protect this region and ensure it is a healthy place to live, work and play. Although today's vehicles run cleaner, smog conditions in Ontario have not improved over the last decade, because we are driving more cars, using them more often, and travelling longer distances.

Healthier Commuting Choices

A big challenge for urban areas is the number of single-occupant cars commuting to and from work during rush hour.

AS AN EMPLOYER YOU MIGHT

- Consider incentives for using public transit, such as discounted transit passes.
- Encourage cycling by providing places to secure bikes and facilities to shower and change clothes after cycling to work.



- Encourage car-pooling by providing central bulletin-boards, promotion in employee newsletters, or develop your own car-pool programs. Consider incentives through parking rebates for those who participate in car-pools.
- Encourage conference calls instead of meetings where possible and ensure directions are provided for travelling on public transit when meetings are necessary.
- Develop programs to encourage employees to 'telecommute'.

BIKE LANES AND TRAIL NETWORKS

Trail networks along with bike lanes can also provide healthy commuting alternatives. For example, the Lake Ontario Waterfront Trail runs 325 km along the north shore of Lake Ontario and is connected to numerous valley and ravine trail systems. Cycle-to-work trips in the City of Toronto alone increased by 50% between 1985 and 1991. Here are what two trail-commuters have to say...

"When I get on the Waterfront Trail, it's much nicer, I can relax and be close to nature." **Edwin Bieri**, St. Lawrence Cement, Mississauga.

"It invigorates me in the morning, sometimes I even forget I'm on my way to work, and I look forward to the ride home." **Ewa Marczak**, Ontario Hydro, Pickering.

GETTING AROUND TO CLEANER AIR

We have busy lives, and it's true our cars make it easier to get around. However, we shouldn't ignore the fact that our car habits affect our air, our water and our health. When considering our transportation options, there are a few simple things to remember:

- A well-maintained car runs better and pollutes less.
- Whenever possible use public transit. Leaving your car at home, even one day a week, can make a difference.
- Walking and cycling benefit our health and the health of the environment.